



U.S. Masters Swimming LMSC Development Committee

“LMSC Update”
Webinar 2022-02-10

Information Sharing & Community
for LMSC Volunteers



LMSC Update Facilitators

Tom Moore swims with Minnesota Masters Swimming in the Minnesota LMSC. Tom currently serves on the USMS Diversity & Inclusion committee as well as the USMS LMSC Development committee.

Linda Chapman swims with Puget Sound Masters in the Pacific Northwest LMSC. Linda currently serves on the USMS LMSC Development committee as well as serving as Chair of the Pacific Northwest LMSC.

Welcome Everyone!



- The webinar will begin in a few minutes; please stand by as everyone gets connected
- All attendees will be muted throughout the presentation and un-muted for the Q&A segment
- You can submit questions to the moderator via the Q&A 'Chat' window



LMSC Update Facilitators



Tom Moore
&
Linda Chapman



LMSC Update “LMSC Great Ideas” Panelists



Tim
Waud

Oregon
LMSC
Fundraising &
Engagement



Crystie
McGrail

New England
LMSC
Coach Support



Alana
Aubin

New England
LMSC
LMSC
Communications



Michael
Moore

Pacific
LMSC
Membership &
Marketing

LMSC Update



- New & Notable (Streamlines for Volunteers / Deadlines for LMSCs)
- Upcoming Webinars / Recordings of past Webinars
- Information Share: Downstream & Upstream
 - Today's Downstream Topic: "More LMSC Great Ideas"
 - Upstream: What are your questions / comments / concerns?
- Community: "Live" group chat (with cameras on!)

New & Notable (1 of 4)

- Streamlines for Volunteers (now Monthly!) – February issue came out Tuesday, 2/8/2022
 - Letter from CEO Dawson Hughes
 - As of 1/31, membership was 37,745. Typically, ~70% of members have registered by 1/31, so that puts us on track for nearly 55,000 members in 2022 (which would be our first year-over-year increase since 2016).
 - Our goal is to surpass our highest membership total (65,778) by 2024.
 - Each LMSC should set annual and multiyear targets for membership growth, and start initiatives to reach those goals.
 - [The LMSC Focus of Resources](#) provides a list of ideas for consideration
 - [Dawson is available for a call as part of your LMSC's planning.](#)
 - We can collaborate on ideas to increase the quantity and quality of opportunities for adults to swim in clubs and at events next month at Relay 2022.
 - Volunteer working Calendar
 - [LMSC Financials](#) and Tax Filing due by April 30
 - LMSC 2021 Annual Meeting Minutes due by April 30
 - Volunteer Relay 2022 (see next slide!)
 - Volunteer Spotlight: Guy Davis, New England LMSC

New & Notable (2 of 4)

- “Volunteer Relay” – in person meeting planned for Fri March 4 – Sun March 6, 2022
<https://www.usms.org/volunteer-central/lmscs/lmsc-leadership-summit/relay-2022>
 - Westin Denver International Airport. Mask mandate in effect.
 - The theme of Relay 2022 is **Club Development** with a focus on
 - building relationships with facilities,
 - recruiting and supporting coaches, and
 - providing resources for clubs to grow.
- LMSCs should select attendees who have the interest, skills, and passion for helping develop USMS clubs at the local level. LMSCs are recommended to consider bringing at least one tenured volunteer, one volunteer who also coaches, and one volunteer who has never participated in a national-level meeting.
- Relay 2022 calendar, showing all meetings and choice of workshops is [here](#).
- Latest Updates:
 - December 2, 2021 [2022 Volunteer Relay - Update 1](#)
 - December 16, 2021 [2022 Volunteer Relay - Update 2](#)
 - January 12, 2022 - [STREAMLINES for Volunteers](#)
 - January 20, 2022 - [2022 Volunteer Relay - Update 3](#)

New & Notable (3 of 4)



- Upcoming Deadlines for Volunteers:
 - Election nominations open March 1 and close April 20
 - Relay 2022; Denver, CO; March 4 – 6
 - Captain Ransom J Arthur MD Award Nomination Deadline March 15
 - Spring Nationals April 28 – May 1
 - LMSC Annual Financial Statement and LMSC Annual Meeting Minutes Deadline; April 30
 - IRS Tax filing deadline April 30

New & Notable (4 of 4)



- Published Minutes (<https://www.usms.org/admin/minutes/index.php>)
 - 1/17 Coaches Committee [Minutes](#)
 - Presenting “Great Masters Coaching” at Relay 2022
 - Support for LMSC Coach & Club Development chairs
 - 12/20 Board of Directors [Minutes](#)
 - CEO Update
 - USAS Bylaws update
 - Presidential Appointments
 - Policy Review Project (SSLF, Audit Committee)
 - Strategic Plan Update (themes: club development, event development, community development, local focus and independent swimmer support)
 - Compensation & Benefits
 - 12/6 Executive Committee [Minutes](#)
 - Special Appointments & Liaisons
 - 2022 EC Priorities
 - Committee Appointment Process
 - 2022 Committee Objectives
 - Relay 2022 Agenda

Webinars



There are 4 types of webinars (see <https://www.usms.org/volunteer-central/lmscs/peer-to-peer-calls>)

1. Education

- Scheduled 60min session hosted by subject-matter expert on a specific topic, schedule and pace driven by current BOD & USMS priorities

2. Community

- Scheduled 60min session coordinated by relevant national committee, hosted by subject-matter expert, focused toward a specific group of volunteers (i.e. “Education” session designed for “Peer” group).
- Currently, “Coaches” and “Adult-Learn-To-Swim” host regular Community webinars.

3. Peer-to-Peer (Relationship Building / “Mentoring”)

- Annual 30min to 60min session hosted by LMSC Development and/or relevant national committee for a specific LMSC role focused on establishing and growing relationships & sharing best practices

4. LMSC Update (This Meeting)

- regular 30min to 60min session hosted by LMSC Dev to review webinar schedule & highlight info for LMSC volunteers

• National Committee Meetings

National Committee Meetings



You can join a national committee meeting as a guest with the approval of the committee chair
See the Volunteer Calendar (<https://www.usms.org/volunteer-central/volunteer-working-calendar>) for schedule)

Adult Learn To Swim (ALTS) Programming Committee

Championship Committee

Coaches Committee

Diversity and Inclusion Committee

Fitness Education Committee

History and Archives Committee

Legislation Committee

LMSC Development Committee

Long Distance Committee

Membership Committee

Officials Committee

Open Water Committee

Recognition and Awards Committee

Records and Tabulation Committee

Rules Committee

Sports Medicine and Science Committee

Recent Webinars



Presentations and/or Recordings Available <https://www.usms.org/admin/minutes/index.php>

- February 8: Education: **“Volunteer Working Calendar & USMS Community/Forums”** - [Presentation](#) – Recording Not Yet Posted
- February 3: **Peer-to-Peer for Event Hosting** (Sanctions, Safety, Officials, Top10, LMSC Records) - [Presentation](#) - [Recording](#)
- January 27: ALTS Community: **“Breathing into Fear – Calming the Anxious Adult Swimmer”** - [Presentation](#) - [Recording](#)
- January 21: Coaches Community: **“So you want to start your own masters team?”** - [Presentation](#) - [Recording](#)
- January 12: LMSC Update: **“Great Ideas from LMSCs”** - [Presentation](#) - [Recording](#)
- January 11: Diversity & Inclusion Discussion: **Inclusive LMSC Culture** - [Presentation](#) - [Recording](#)
- January 6: **Peer-to-Peer for LMSC Leadership** (Chair/Vice-Chair) - [Presentation](#) - [Recording](#)
- November 30: D&I Discussion: **Race + National Origin/Culture** - [Presentation](#) - [Recording](#)

Webinars – Upcoming Calendar



<https://www.usms.org/volunteer-central/lmscs/peer-to-peer-calls>

February – *Black History Month*

- *Tue 2/15 Lunar New Year*
- **Thur 2/24 ALTS Community: “Becoming a More Effective ALTS Instructor”** – [Register](#)

March – *Women’s History Month, National Developmental Disabilities Awareness Month*

- **Thur 3/3 LSMC Treasurer P2P** [Register](#)
- *(Fri 3/4 – Sun 3/6 Volunteer Relay 2022)*
- **Tue 3/8 Education: “LMSC Volunteer Development”** [Register](#)
- **Thur 3/10 LSMC Update – Focus on LMSC Standards for Governance & Financials**
- **Thur 3/17 Coaches Community: TBD**
- **Thur 3/24 ALTS Community: “Lessons on Partnering with Volunteers and the Community from Pacific Masters Swimming”** [Register](#)
- **Tue 3/29 Education: “Local Event Hosting: How To ...”** [Register](#)
- **Thur 3/31 LSMC Diversity & Inclusion Coordinator P2P** [Register](#)

April – *Ramadan Sat 4/2-Mon 5/2, Passover Fri 4/15 – Sat 4/23*

- **Thur 4/7 LSMC Coach & Club Development Coordinator P2P** - [Register](#)
- **Thur 4/14 LMSC Update – Focus on Volunteer Relay 2022 Recap**

Information Share: Great Ideas from LMSCs

- Last month & this month we have mini-presentations from four people highlighting the ways their LMSC:
 - Supports coaches
 - Strategize, collaborate, and take action to market USMS locally and build membership
 - Communicate with members
 - Enhance volunteer engagement
 - Fundraise within an LMSC

LMSC Communications



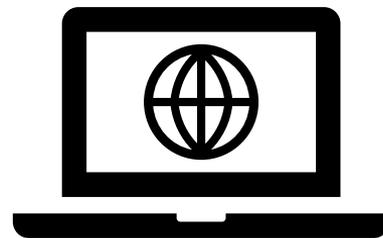
Alana Aubin - NELMSC

- Alana has been an avid member of USMS since 2012, swimming and occasionally coaching with Charles River Aquatics Masters. She served as a board member for New England Masters, CRM's parent club, for two years and overhauled their website during that time. After one year as Webmaster, Alana served as the New England LMSC Communications Chair for five years, rebuilding the LMSC website and expanding the email newsletter. She was awarded the USMS June Krauser Communications Award in 2019.
- Alana served on the USMS Long Distance Committee for four years. She is currently in her first year as Chairperson for the New England LMSC as well as Vice President and Treasurer of the Massachusetts Open Water Swimming Association.



LMSC Communications

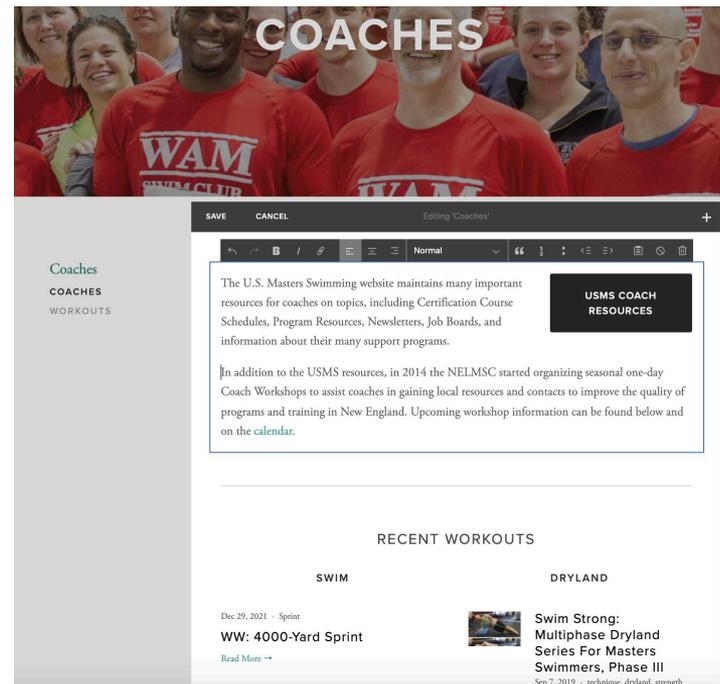
- Website
- Email
- Social Media



LMSC Communications – Website

Choose a platform that is easy to use – no code to maintain!

- Ensures continuity over time
- Encourages officers to contribute more proactively
- NELMSC uses Squarespace – www.nelmsc.org



LMSC Communications – Website

Keep your website up to date!

- If needed, simplify or link elsewhere



Where to Swim

TEAMS

OPEN WATER

Clubs & Workout Groups

To find USMS-registered clubs and workout groups use the [Club Finder](#) tool and enter the team name and/or geographic location and radius you want to search. View real-time team rosters in the [New England LMSC Membership Directory](#). USMS members can also access a user-generated list of pools by logging into your [My USMS](#) account and selecting Places To Swim.

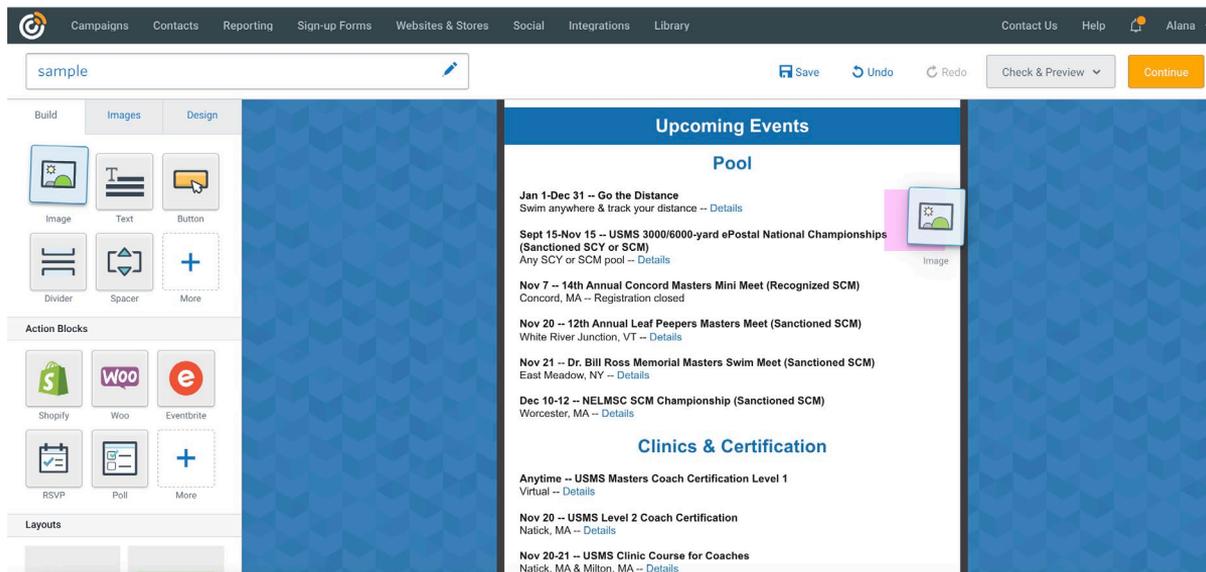
New England LMSC Upcoming Events

Today		Monday, November 1, 2021	Print	Week	Month	Agenda
Sunday, November 7, 2021						
7:45am	14th Annual Concord Masters Mini Meet (Recognized SCM)					
Monday, November 15, 2021						
USMS 3000/6000-yard ePostal National Championship (Sanctioned SCY, SCM) ENDS						
Saturday, November 20, 2021						
10:30am	12th Annual Leaf Peepers Masters Meet (Sanctioned SCM) [New date]					
11:30am	USMS Level 2 Coach Certification 2					
3:15pm	USMS Clinic Course for Coaches					
Sunday, November 21, 2021						
7:30am	Adult Learn-to-Swim Instructor Certification					
7:30am	USMS Clinic Course for Coaches					
7:30am	USMS Stroke Development Clinic					
12:00pm	Dr. Bill Ross Memorial Masters Swim Meet (Sanctioned SCM)					
Friday, December 10, 2021						
4:00pm	Colonies Zone & NELMSC SCM Championship (Sanctioned SCM)					
Saturday, December 11, 2021						
9:00am	Colonies Zone & NELMSC SCM Championship (Sanctioned SCM)					
Sunday, December 12, 2021						
9:00am	Colonies Zone & NELMSC SCM Championship (Sanctioned SCM)					
Showing events until 12/31. Look for more						

LMSC Communications – Email

Choose a platform that is easy to use

- NELMSC uses Constant Contact



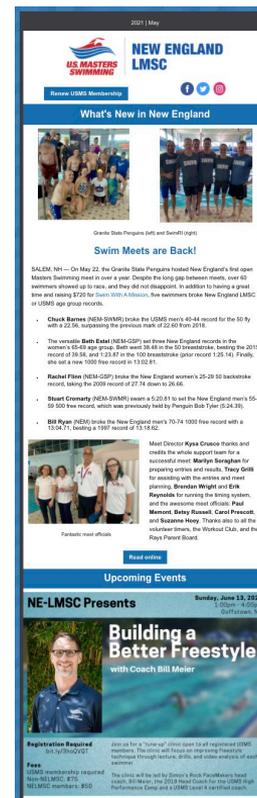
LMSC Communications – Email

Build a stable of contributors

- Get people to commit to write a recap BEFORE the event takes place
- Ask board members to take turns

Can be simple or content-rich, but keep it fresh

- Be sure to add the content and newsletters to your website too!



2021 May

U.S. MASTERS SWIMMING NEW ENGLAND LMSC

Renew USMS Membership

What's New in New England

Granite Dash Penguins left and Swamiflights

Swim Meets are Back!

SALEM NH – On May 22, the Granite State Penguins hosted New England's first open Masters Swimming meet of over a year. Despite the long gap between meets, over 60 swimmers showed up to race, and they did not disappoint. In addition to having a great time and raising \$250 for Swim With A Mission, five swimmers broke New England LMSC of USMS age group records.

- **Chuck Barnes (M50-59M50)** broke the USMS record of 40:46 record for the 50 fly with a 22:56, surpassing the previous mark of 22:60 from 2018.
- **Rachel Fines (NEM-GSP)** broke the New England women's 25-29 50 backstroke record, taking the 2020 record of 27:74 down to 26:30.
- **Grant Crowley (M50-59M50)** swam a 1:20:14 to set the New England men's 55-59 500 free record, which was previously held by Purgon Bob-Tyer (5:24.39).
- **Bill Ryan (NEM)** broke the New England men's 70-74 1000 free record with a 1:24:11, beating a 1:30:42 record of 13:46:52.

Meet Director Kyma Orsico-Franks and credits the whole support team for a successful meet. Marley Stangorah for inspiring entries and results. Tracy Gull for assisting with the event and meet planning. Brandon Wright and Erik Reynolds for carrying the timing system, and the awesome meet officials: Paul Hennes, Bobby Rowland, Carol Prescott, and Susanne Hoyer. Thanks also to the volunteer swimmers, the Workout Club, and the Ring Travel Squad.

Fabrics meet officials

Need advice

Upcoming Events

NE-LMSC Presents Sunday, June 13, 2021 10am - 4:00pm Guilford, NH

Building a Better Freestyle with Coach Bill Moller

Registration Required 18+ SWIMMETS

Fee: USMS membership required. Non-USMS: \$10. NE-LMSC members: \$5.

Join us for a "series" of three open to all registered USMS members. The first will focus on stroke technique, technique through lecture, drills, and video analysis of each swimmer.

The class will be led by Coach Bill Moller, a 2014 Paralympian, a two-time triathlete, and a USA Triathlon coach. Bill is a USA Triathlon coach and a USA Triathlon Level 4 certified coach.



Pool Events

Renew your USMS Membership for 2021 – Details

Jan 1-Dec 31 – Go the Distance Swim involves 6 book your swimmer – Details

May 15-Apr 14 – USMS 16th Annual National Championships (Sanctioned LCM) Any 50-meter pool – Details

June 1-15 – USMS Safety/Pants/Vitamin USMS Summer Fitness Challenge (N) Anywhere – Details

June 13 – Building a Better Freestyle Clinic with Coach Bill Moller Guilford, NH – Details

July 21-25 – USMS Short Course National Championships (Sanctioned SCY) Greensboro, NC – Details

August 6 – Jimmy Thompson Mini Meet (Sanctioned LCM) Dover, NH – Save the Date

Open Water Events

June 6 – Boston Frogmen Swim (3 mi) Boston, MA – Details

June 12 – Lambhart Swim & Aquathon (0.5, 1.2, 3.4 mi) Amherst, MA – Details

June 13 – Lake Taranoggon Open Water Swim (0.5, 1, 2 mi) Middletown, CT – Details

June 20-24 – Virtual MBCC Against the Tide (1 mi) Middletown, CT – Details

June 26 – Mashpee SuperSwim (0.5, 1, 3 mi) Mashpee, MA – Details

June 26 – Beantown Bay Swim (1.2 mi) New Bedford, MA – Details

July 1-31 – Virtual Pools to Portland (2.4 mi) Anywhere – Details

July 1-30 – Virtual Cross for Life/Light (6/10/15) Anywhere – Details

July 19 – Waterman Duathlon (1 mi) Waterbury, VT – Details

July 19 – Swim With A Mission (1.5, 3 mi, 10 km) Amherst, NH – Details

July 17 – Save The Bay Swim (2 mi and virtual) Newport, RI – Details

July 18 – Mystic ShoreSwim (1000 m) Mystic, CT – Details

July 24 – Dublin Swim (1, 10 mi, 5, 10, 25 km) Norwich, VT – Details

July 24 – Swim Across America Nantucket Open Water Swim (0.25, 0.5, 1, 2, 4 mi) Nantucket, MA – Details

View full calendar

July is Try Masters Swimming Month

Try Masters Swimming July 1-31

Try Masters Swimming is a chance to introduce adults to the life-changing benefits of Masters Swimming. [Click on a link to learn more](#), and we will everyone to experience that feeling.

During the month of July, anyone can try a FREE workout at participating clubs nationwide. Why July? Because it's between the two biggest swimming events of the year: the U.S. Olympic Team swimming trials and the Tokyo Olympics. It's the big moment every four years—usually 2—when nearly everyone has an interest in the sport we love. Instead of just hearing people talk about swimming this year, we get them to actually try it.

Click, make sure to check out this [information page](#) that walks through how to participate, best practices for promotion, timelines, coach contacts, a toolbox with graphics, graphics, press releases, sample emails, and more.

Members, we need your help to provide as well. Check out the [calendar page](#) on how to get involved even if you don't participate in Try Masters Swimming this year.

New England LMSC [www.nelmsc.org](#)

The New England State Swim Commission is a 501(c)(3) non-profit organization, recognized statewide as U.S. Masters Swimming that serves as the governing body for USMS registered clubs, with club members, coaches and swimmers in Maine, Vermont, New Hampshire, Massachusetts, and Rhode Island.

LMSC Communications – Newsletter Topics

- Upcoming events – meets, clinics, postals, fitness swims
- Event results & recaps
- Praise, shoutouts, member achievements & awards
- Education – dryland, pool skills, open water, yoga, swim workouts
- Volunteer & member profiles or interest stories
- Board updates – meetings, elections, seeking volunteers
- USMS articles

September 2019

New England hosts USMS Open Water National Championships at Lake Willoughby
Sep 9, 2019

Swim Strong: Multiphase Dryland Series for Masters Swimmers, Phase III
Sep 7, 2019

New England Athletes Swim and Socialize at FINA Masters Worlds
Sep 4, 2019

Musings from my Summer of Open Water Swimming
Sep 3, 2019

Kingdom Swim Draws a Crowd to Lake Memphremagog
Sep 2, 2019

And don't forget the photos!

LMSC Communications – Social Media

Facebook

- Post all content here as well
- Likely a highly engaged subset of your membership
- NELMSC uses a Group which allows members to post and interact with each other more than a Page

Posts ⓘ
The posts with the most activity in the last 28 days.

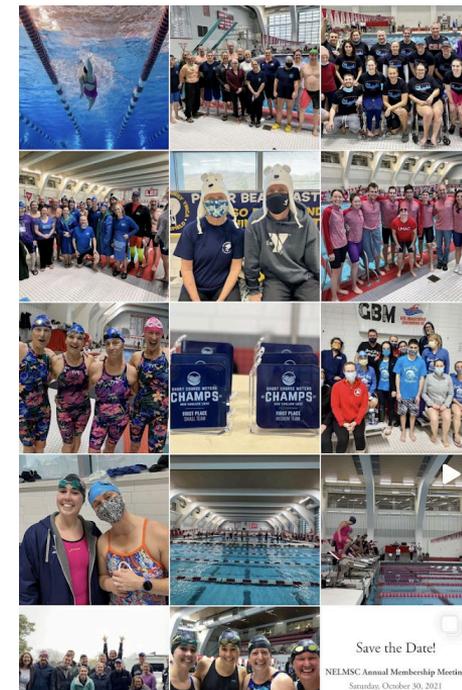
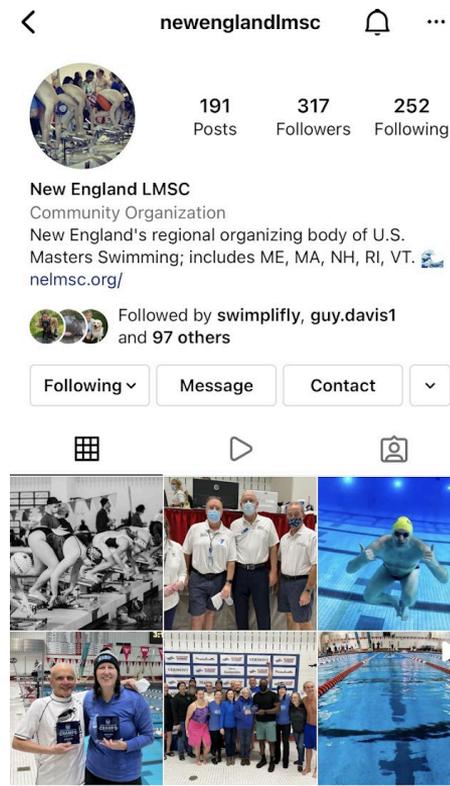
Top posts ▾ By all ▾

Date	Post	Comments	Likes	Views
12/11/2021 8:20 PM	 Oh it's going down 🌟 Posted by Kysa Crusco	2	46	1,782
12/25/2021 12:53 PM	 Hello! Do we know if the results of the zone meet have been uploaded to the USMS website yet? Posted by Alex Muni	8	2	150
12/13/2021 3:31 PM	 Thanks New England LMSC for putting on a great event this weekend. It was awesome to finally race again! Also, for future... Posted by Patrick W. Brundage	2	26	543
12/19/2021 7:17 PM	 I feel it in my soul! Looking forward to even bigger events to come. ❤️ #scmsohard Posted by Kysa Crusco	0	20	568
12/10/2021 11:30 AM	 Posted by Alford Green	0	6	190

LMSC Communications – Social Media

Instagram

- Perhaps a smaller following here, but may be worth cultivating
- Younger members likely active here
- Makes things look fun!



Save the Date!
NELMSC Annual Membership Meeting
Sunday, October 30, 2021

LMSC Fundraising and Volunteer Engagement



Tim Waud – Oregon LMSC

Tim first joined U. S. Masters Swimming in 1992. Since then, he has been the Vice-chair, Souvenir Chair, Coaches Chair, and Chair for Oregon Masters Swimming.

During his term as the NW Zone Chair from 2013-2015, he served on the LMSC Development Committee.

He is a current Coaches Committee member and has coached on the local, zone, national, and world stage. In 2016, he was Co-Meet Director for the U.S. Masters Swimming Summer National Championship in Portland, Oregon and is the Safety Chair for the Ultra-marathon Portland Bridge Swim.

This will be Tim's eleventh year as head coach for the Oregon City Tankers workout group.



Who are your volunteers?

- Coaches
- Swimmers
- Officials

What do they become?

- Local Volunteers
- Association and Zone Volunteers
- National Level Volunteers

Local Volunteers



- Meet Directors
- Event Directors
- Safety Directors
- Officials



LMSC and Zone Volunteers

- LMSC Board Members
- NW Zone Chair



National Level Volunteers

- USAS Delegates
- Delegates at Large
- Committee Chairs
- Committee Members
- NW Zone Chair
- At Large Director
- National Championship Meet Director

LMSC Health



Local

- Monthly Board Meetings
- Annual Membership Meetings
- Annual Retreat

LMSC Health



Zone and National

- Monthly Committee Meetings
- Quarterly Zone Meetings
- Annual Meetings

LMSC Health



Administrative

- Policy and Bylaws (Local)
 - Update
 - Revise
- LMSC Standards Survey (National)

LMSC Health



Financial Health

- Souvenirs
- Merchandise
- Officials
- Scholarship
- Coaches
- Clinics
- Webinars

LMSC Health



Financial Health

- Investments
 - CD/Money Market
 - Race equipment
 - Pool (Laptop, Software)
 - Open Water (Timing System)

LMSC Health



Membership Health

- Social Media
- Email Blasts
- Newsletter
- Swim Clinics
- Webinars

LMSC Health



Membership Health

- Coaches
- Clinics
- Webinars
- Competitions
- Coach at Nationals

LMSC Health



Membership Health

- Awards and Recognition
- Record Keeping
- Zone Records (SCY SCM LCM OW)
- LMSC Records (SCY SCM LCM OW)
 - Top Twelve Pool Association (SCY SCM LCM)
 - Open Water Series

LMSC Health



Membership Benefits

- Competition
- Social
- Communication/Promotion
 - Newsletter (10 x year)
 - Social Media (5 x week)
 - Email Blasts (Frequent)

LMSC Business



- Membership
 - Promotion
- Adult Learn-to-Swim
 - SSL Grants
- Planning Ahead
 - Fundraising
 - Budgeting

Volunteer Engagement



- Is it fun?
- Do you offer a variety of events?
- What is the value of an event?
- How do you communicate?
- Do you give thanks?
- Are you willing to try something new?
- What does it take?

Volunteers Hosting Events



- **LMSC Championship**
 - Pool
 - Open Water
- **Northwest Zone Championships**
 - SCY
 - LCM
 - SCM
 - OW

Volunteers Hosting Events



➤ **Pool Competition**

- Long Course/Summer 50 Meter
- Postal/ePostal/Virtual events
- One-hour
- 5/10K
- 3000/6000

Volunteers Hosting Events



- **Open Water**
 - Sprint
 - 2-mile Cable
 - Distance
 - Long distance
 - Marathon
 - Ultramarathon

Recognition and Awards



➤ **Workout Group**

- Annual Award (Male and Female)

➤ **LMSC Awards**

- Founder Awards (Male and Female)
- Spirit Awards (Male and Female)
- Special Service Award (Individual or Group)
- Team Spirit Award (Team)

Recognition and Awards



- **USMS Awards**
 - Captain Ransom J Arthur Award
 - Coach of the Year
 - Club of the Year
 - Dorothy Donnelly Service Award

Recognition and Awards



- **USMS Awards**
 - Kerry O'Brien Coaches Award
 - Fitness Award
 - Long Distance National Championship Award
 - Open Water Service Award
 - National Championship Meets Award
 - Newsletter of the Year
 - IMSHOF-Honor Masters Swimmers

Special Events



- **Oregon Swim-cation (National)**
 - Ultramarathon (17K)
 - 2-mile Cable Swim
 - Long Distance (10K)
- **February Fitness Challenge**
- **2-Mile Relays**

USMS National Committees



- Committee Chair
- Vice-chair
- Subcommittee Chair
- At Large Director
- NW Zone Chair

Panelist Wrap-Up

Questions for the panelists?

Information Share: Upstream

- Feedback and input
- Priorities for upcoming webinars?
- Questions / Concerns?
- Small group discussion for volunteers from similar LMSCs?

Community



- Group Discussion (with Cameras on!)

Peer 2 Peer Tentative Schedule 2021-22



- Thur 9/30 LMSC Membership Coordinator
- Thur 11/4 LMSC Secretary
- Thur 1/6 LMSC Leadership (Chair / Vice-Chair)
- Thur 2/3 Event Hosting (LMSC Sanctions, Officials, Safety, Records, Top10)
- Thur 3/3 LSMC Treasurer
- Thur 3/31 LMSC Diversity & Inclusion Coordinator
- Thur 4/7 LMSC Coach & Club Development
- Thur 5/5 LMSC Awards & Recognition
- Thur 6/2 LMSC Communication
- Thur 6/30 LMSC Fitness Event Coordinator
- Thur 7/7 LMSC Hall of Fame
- Thur 9/1 LMSC Community Service

Context & Acronyms



- FINA (federation internationale de natation) is the international federation which governs international aquatics competition
- USAS (United States Aquatic Sports) is the umbrella organization that allows US athletes to compete in FINA events. USAS consists of USA Water Polo, USA Artistic (nee Synchronized) Swimming, USA Diving, USA Swimming, and US Masters Swimming)
- USMS (United States Masters Swimming) is the national governing body for swimming for adults 18 and over
- LMSC (Local Masters Swimming Committee) is the “state” level governing body for regions throughout the US
 - USMS is divided into 8 geographic zones
 - USMS contains 52 LMSCs.